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**AND THE CROWD GOES WILD**
 Josh Ramsay, lead singer for Marianas Trench, rocks out on the edge of the stage before a sold-out crowd at the Halifax Metro Centre on Sunday night. The Juno-nominated group was in Halifax touring to support its third full-length album, *Ever After*. For a photo gallery, visit metronews.ca. JEFF HARPER/METRO
Buy-local policy gets thumbs-down
Slippery slope? NSCC instructor says free market must rule

The buy-local issue emerged after Metro Transit's Do it on the Bus ad campaign was awarded to an Ontario firm.

Coun. David Hendsbee said there are ways to enshrine a buy-local clause without violating interprovincial trade agreements.

"As long as it's within a tolerable range, within five per cent or less of a bid price. Anything above that, there's no real savings," he said.

McHugh said adopting a buy-local policy could touch off a mini-trade war with disastrous consequences for a small province such as Nova Scotia — and he said it's likely not necessary anyway.

"You can't tell me that behind the scenes, there aren't some people who call up a local firm and say, 'If you can get under \$10,000, you're going to get it,'" he said. "You'll never convince me that that doesn't happen verbally."

RUTH DAVENPORT/METRO

A local marketing instructor says there are ways for HRM to support and promote local suppliers without taking the "dangerous" step of adopting a formal buy-local policy.

"For some products, you might want to say, 'Because of the nature of this product, because you've got to know the local market, we're only going to take local bids,'" said Ed McHugh, who teaches at the Nova Scotia Community College. "You could say, 'A demonstrated knowledge of the marketplace will put your company in a more favourable position.'"

Some councillors have suggested HRM needs a formal policy to give preference to local suppliers for municipal goods and services.


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Gottingen Street

Man wanted after 2 women stabbed

The search continues for a 30-year-old Halifax man after two women were stabbed on Gottingen Street on Saturday afternoon.

Halifax Regional Police say the incident happened around 2:40 p.m.

They say a 31-year-old woman and a 19-year-old woman were in an apartment when a man entered the residence and stabbed them both before fleeing on foot. Police say one victim had several stab wounds, while the other had one stab wound.

Investigators say both women were taken to hospital with non-life-threatening injuries.

Police do not believe the stabbing was a random act.

They also say they have identified a suspected — a 30-year-old man — who is wanted for two counts of attempted murder and one count of robbery.

THE CANADIAN PRESS

Barr Settlement

Teen airlifted to Halifax hospital

A teen was airlifted to a hospital in Halifax on Sunday after a single-vehicle collision in Barr Settlement.

RCMP say the crash happened on a dirt road in the community around 3:30 p.m. The Mounties say the 16-year-old driver of the vehicle was airlifted to the Halifax hospital with serious injuries.

The 15-year-old boy who was sitting in the passenger seat received non-life-threatening injuries.

Police say the cause of the crash is under investigation. THE CANADIAN PRESS



Rev. Rhona Britton leads the annual church service to mark the International Day for the Elimination of Racial Discrimination at Cornwallis Street Baptist Church on Sunday. RUTH DAVENPORT/METRO

Preaching patience to fight prejudice

International Day for Elimination of Racial Discrimination. A.C. Roper of Birmingham, Ala., tells congregation that eradication of racism is a long battle



RUTH DAVENPORT
ruth.davenport@metronews.ca

The police chief of the American city at the centre of the civil-rights struggle 50 years ago told a Halifax congregation the key to eliminating racism lies in evolution — not revolution.

“Revolutionary change

Quoted

“Bigotry and hatred are learned, you’re not born with that. Now we must unlearn such thinking.”

Rev. Rhonda Britton, of Cornwallis Street Baptist Church

happens quick, but evolutionary change takes time, and you do it incrementally,” said Chief A.C. Roper of Birmingham, Ala., during the annual church service for the International Day for the Elimination of Racial Discrimination.

“So I’m here to tell you, don’t get discouraged.”

Roper, also an ordained minister, delivered a riveting address at the Cornwallis Street Baptist Church on Sunday morning, using the

parable of the Good Samaritan to illustrate the courage, compassion and cost needed to fight indoctrinated prejudices.

“Here’s a Samaritan who comes up and says ... ‘All I want you to do is to have an equal opportunity to succeed or fail on your own merit, but I know I’ve got to help you,’” he said.

Halifax Regional Police Chief Jean-Michel Blais said fighting racism both in policing and in general is now a

problem of changing mind-sets and deeply entrenched attitudes.

“We talk about bias-free policing, and everybody thinks it’s racial bias,” said Blais. “It’s not just racial bias, it’s all these other areas that we’re so used to doing things as we have in the past.”

Blais said the challenge for police officers now is to be aware of cognitive biases that may not be as easily recognizable as open racism.

“We’ve come a long, long way, and people are not overtly racist or prejudice, but they do have individual preferences, ‘They’re not like me,’” said Blais.

“Policing suffers from that (attitude) a lot still: ‘They’re not like me.’”

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Crime. Review launched after officer fires gun at man during traffic stop

A review is being launched into the actions of a Halifax cop who fired a gun at a man during a traffic stop.

A spokesman for the Halifax Regional Police said the Cape Breton Regional Police Service would oversee the review of the unnamed officer.

Const. Pierre Bourdages said no one was hurt in Friday's incident, which happened around 1 a.m. in Dartmouth.

Bourdages said officers were conducting a traffic stop on Pleasant Street as part of an ongoing investigation when they were confronted by a man with a firearm.

That's when the officer fired the weapon, he said.

Another officer deployed a non-lethal weapon that launches a beanbag from a 12-gauge shotgun.

Bourdages said a firearm was subsequently found in the vehicle that was stopped. Four men and a woman were taken into police custody for questioning.

Still working

Police say the officer who fired the gun remains on the job.

Police said Miguel Allan Brown, 18, of Eastern Passage was due in court Monday on seven firearm-related charges.

Two other men who were arrested were also expected to appear in court Monday to face charges on unrelated matters, but police said they were not involved in the firearms offence. The other man and woman who were arrested were released without charges.

Bourdages said officers also executed a search warrant at a nearby business, but declined to provide details on the nature of the case.

"These two incidents are related and are part of an ongoing investigation," he said.

THE CANADIAN PRESS

Cops say 2 cruisers vandalized by teen

Rowdy party. A 16-year-old female, believed to be drunk, faces mischief charges after damaging police vehicles

As police shut down the party, which included underage drinking and property damage, it's alleged a 16-year-old female was outside damaging the two police vehicles.

The teen was arrested, with one marked car having both mirrors broken and its windshield smashed. The other cop car had a mirror broken.

Staff Sgt. Barb Saunders of Halifax Regional Police says its believed the teen was drunk when the damage happened.

The female is due in court at a later date to face two counts of mischief in relation to the damage to the police cars.

PHILIP CROUCHER/METRO



Two Halifax Regional Police cars were damaged outside a rowdy party. METRO FILE

Break-and-enter suspect

Boy, 14, spits in cop's face during arrest: Police

A 14-year-old boy is facing multiple charges after allegedly spitting in an officer's face while being arrested on Saturday night.

Halifax Regional Police say around 7:30 p.m. an off-duty officer reported a break-and-enter in the players' locker-room of the Dartmouth Sportsplex. Police say there was video of the break-in and the youth was identified.

Police say that a suspect was spotted on Portland Street at around 9:50 p.m. and was arrested after a brief foot chase. During the arrest he spat in an officer's face, said Staff Sgt. Barb Saunders.

The youth is facing charges of break-and-enter, resisting arrest, assaulting a police officer, breach of recognizance and breaching probation. He will appear in youth court on Monday.

METRO

Sydney Park Project

Contest to name former tar-ponds site set to begin

A campaign to name the park that's been developed on the former Sydney tar ponds will be launched Monday.

Cape Breton Nova MLA Gordie Gosse will join Sydney Tar Ponds Agency officials and a class of Grade 3 students to launch the Sydney Park Project campaign, website and promotional video.

Sydney Tar Ponds Agency spokeswoman Megan Desmond said the contest to name the park will be aimed at young people. Among others expected to be on hand are the chair of the community liaison committee and representatives of the provincial and federal governments.

The federal and provincial governments together are spending \$17 million to transform the remediated Sydney tar-ponds and coke-ovens site into several outdoor recreational spaces.

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Government PR agency accused of overspending, partisanship

Provincial response. Communications Nova Scotia doing more work: Deputy minister

The communications arm of the Nova Scotia government has seen its budget triple in the last decade, a rate of growth that outstripped other government departments during an era of fiscal restraint.

The province's opposition parties say funding for Communications Nova Scotia needs to be reined in, particularly as they question whether the agency has strayed into partisan messaging.

In 2002, Communications Nova Scotia received about \$3 million and had 89 staff listed on its payroll, according to the Finance Department. A decade later, the

agency's budget increased to \$9.2 million and it employed 125 people as of March 31, 2012.

Andrew Younger, the Liberal party's critic for Communications Nova Scotia, said the agency should not only be pared down, it needs sweeping change.

"Communications Nova Scotia needs to be more than cut," Younger said. "It needs a complete overhaul in the province."

Chris d'Entremont, the Progressive Conservative house leader, said he also supports cutting back Communications Nova Scotia. He said the agency has become more of an instrument of the NDP than a non-partisan agency.

"What they really do is they run the political lines of the government in power," he said. Tracey Taweel, the associate deputy minister of



Liberal MLA Andrew Younger is calling for a "complete overhaul" of the government's public-relations arm.

METRO FILE

Communications Nova Scotia, said the increase in its budget is justified because

the agency and employees have taken on additional responsibilities.

The opposition parties have also objected to the government's Ships Start

No neutrality

Fred Vallance-Jones, a professor of journalism at the University of King's College, said forms of communication such as news releases that were once neutral in tone have evolved into marketing exercises intended to drive the government's message.

Here campaign, one that the government has vigorously defended as key to winning a \$25-billion navy shipbuilding contract in Halifax — even though Ottawa has said the process was based on merit.

Taweel rejects accusations that Communications Nova Scotia is partisan, saying its duty is to carry out the government's wishes, no matter what party is in power.

THE CANADIAN PRESS

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No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending.

Boris Berezovsky fell out with Putin and fled to avoid fraud charges he alleged were politically motivated



Boris Berezovsky GETTY IMAGES FILE

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy or suicide.

Police said Sunday it would

be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his death and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London,

where Berezovsky's body was found on Saturday. They said an employee of Berezovsky's explained how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered. Chemical and radiation experts were called to examine the property.

Berezovsky amassed a fortune through oil and automobiles during Russia's chaotic privatization of state assets after the collapse of the Soviet Union in the early 1990s.

He became a strident and frequent critic of Putin after their falling out, accusing the leader of ushering in a dictatorship and accusing the security services of organizing the 1999 apartment bombings that became a pretext for Russian troops to sweep into Chechnya.

THE ASSOCIATED PRESS



Face of indescribable loss

Sherry West breaks down Friday while talking about the murder of her 13-month-old son, Antonio, while she was walking with him in a stroller on Thursday. West was shot in the leg. Police in Georgia have charged 17-year-old De'Marquis Elkins with murder, along with a 14-year-old suspect whose name has been withheld because he's a juvenile. West said she hopes prosecutors pursue the death penalty. In 2008, West also lost her 18-year-old son, who was stabbed to death in an altercation in New Jersey. Prosecutors said the stabbing was self-defence and did not file charges. TERRY DICKSON/FLORIDA TIMES-UNION/THE ASSOCIATED PRESS

Warning: Graphic. Couple who tortured man ask for mercy

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment are asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

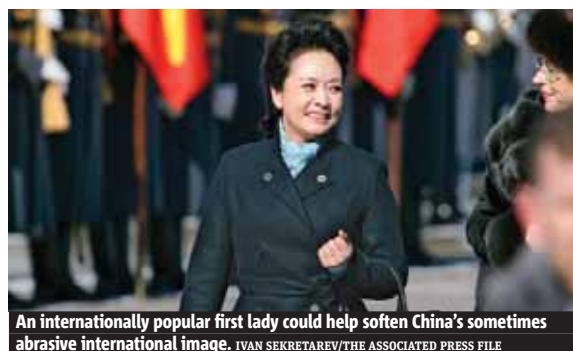
The victim went to the couple's Hamilton apartment, expecting help in finding a missing cellphone.

Instead, the group confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson to 10 years.

THE CANADIAN PRESS

China. Singer and WHO ambassador ends chain of reclusive first ladies



An internationally popular first lady could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow.

Peng, 50, largely retired from public life after Xi was

made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

Peng holds the largely honorary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic odes, often while wearing full dress uniform. THE ASSOCIATED PRESS

Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are taking different approaches as they decide where to draw the line between chronic abuse and a one-time insult or slight.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents or authorities.

Much of the debate has focused on the exact definition of bullying.

The definition under a bill now before the Manitoba legislature is so general it could make bullies out of any student, argue the Opposition Progressive Conservatives.

"It's so vague ... that it will either be unenforceable or enforced arbitrarily," education critic Kelvin Goertzen said. "It's going to make bullies out of a whole lot of people."

The province's education minister said the wording is

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Quebec.** Repeated behaviour involving a power imbalance that causes distress and "hurts ... intimidates or ostracizes."
- **Manitoba.** Proposed definition is broad enough to include a single intent to cause hurt feelings.

broad partly so that school principals and others could use their own experience to address specific incidents.

Goertzen says the anti-bullying proposal's vague definition, lack of a mandatory penalty and lax reporting requirements make it "one of the weakest in North America." THE CANADIAN PRESS

24-year absence

Canada relieved of panda withdrawal

The Toronto Zoo will begin hosting one male and one female panda on Monday, just over a year after the creatures were officially loaned to Canada by the Chinese government.

The pair will call Toronto home for five years before being relocated to the Calgary Zoo. Prime Minister Stephen Harper will be on hand to greet the new arrivals, the first pandas to visit Canada in 24 years. THE CANADIAN PRESS

24th anniversary

Ad links pipelines with Exxon Valdez

A B.C. First Nations group is launching an anti-pipeline commercial to mark the 24th anniversary of the Exxon Valdez oil spill.

Art Sterritt with Coastal First Nations says the spill is proof oil tankers don't belong in B.C. waters because the toxin still lingers in the ocean. THE CANADIAN PRESS

Liberal leadership

Trudeau crushes rival fundraising



Justin Trudeau THE CANADIAN PRESS

If money talks, then it's saying Justin Trudeau has a lock on the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team has said it will show just over \$1 million, with another \$300,000 still being processed.

That's more than double what the other five contenders have raised combined.

THE CANADIAN PRESS

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Anne Frank's symbol of hope taking root

Plantings. Saplings come from chestnut tree that's referenced several times in girl's famous accounts



In this March 18 photo, a replica of one of Anne Frank's diaries is displayed at the Indianapolis Children's Museum in Indianapolis. A sapling grown from seeds taken from the massive chestnut tree that stood outside the home in which Frank and her family hid will be planted in the museum's Peace Park. MICHAEL CONROY/THE ASSOCIATED PRESS

Saplings from the chestnut tree that stood as a symbol of hope for Anne Frank as she hid from the Nazis for two years in Amsterdam are being distributed to 11 locations in the United States as part of a project that aims to preserve her legacy and promote tolerance.

The tree, one of the Jewish teenager's only connections to nature while she hid with her family in a Secret Annex in her father's company building, was diseased and rotted through the trunk when wind and heavy rain toppled it in August

2010. But saplings grown from its seeds will be planted starting in April, when the Children's Museum of Indianapolis will put the first one in the ground. The 11 U.S. locations, which

also include a park memorializing victims of the 9-11 terrorist attack in New York City, were chosen by the Anne Frank Center USA from 34 applicants. THE ASSOCIATED PRESS



Gay-marriage foes rally ahead of French vote

Anti-gay-marriage protesters demonstrate in Paris on Sunday, with the placard on the right reading: Zero Mother, it's Depressive. Thousands of French conservatives, families and activists have converged on the capital to try to stop the country from allowing same-sex couples to marry and adopt children. The lower house of France's parliament approved the "marriage for everyone" bill last month with a large majority, and it's facing a vote in the senate next month. Both houses are dominated by President Francois Hollande's Socialist Party and its allies. MICHEL EULER/THE ASSOCIATED PRESS

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Holy Week Mass Schedule

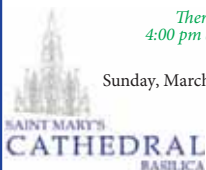
Mass of Chrism
Tuesday, March 26th • 12:15 pm

Holy Thursday
Mass of the Lord's Supper • 7:00 pm
Reposition of the Blessed Sacrament until midnight

Good Friday
Celebration of the Lord's Passion • 3:00 pm
There will be no 12:15 or 5:15 daily Mass, and no First Friday adoration

Holy Saturday
Saturday, March 30th
Easter Vigil • 8:00 pm
There will be no 12:15 pm Mass, 4:00 pm anticipated Mass, or confessions

Easter Sunday
Sunday, March 31st • 7:30 am, 10:30 am and 5:00 pm



Corner of Barrington & Spring Garden Rd



First Baptist Church Halifax

1300 Oxford St, near South
firstbaptisthalifax.org

Holy Week & Easter '13

Maundy Thursday, March 28, 7:00 p.m.
Communion and Tenebrae
First Baptist Senior and Men's Choirs

Good Friday, March 29 - 10:30 a.m.
Ecumenical Service at
First Baptist Church, Halifax
Music by Combined Choirs of First Baptist,
St. Andrew's United, St. John's United and
Presbyterian Church of St. David's

Easter Sunday, March 31
6:57 a.m. Sunrise Service
Black Rock Beach, Point Pleasant Park
10:30 a.m. Communion
Made Alive in Christ - Rev. John E. Boyd



Saint Benedict Roman Catholic Church

45 Radcliffe Dr, Halifax • 443-0725
saintbenedict.ca

- Paschal Triduum -

Holy Thursday, March 28

Mass of the Lord's Supper • 7pm
Adoration until Midnight

Holy Saturday, March 30

*Solemn Easter Vigil • 8pm

Good Friday, March 29

Children's Service (without Communion) • 11am
Celebration of the Lord's Passion • 3pm
Way of the Cross • 7pm

Easter Sunday, March 31

Celebration of the Resurrection of the Lord
9am, 11:15am

*The Solemn Easter Vigil will begin outside the church. Parishioners are encouraged to wait outside to process into the church at the appropriate time, filling the pews from the front of the church, moving to the centre of the pews.

University of King's College Chapel

The preacher for all Holy Week services is Dr Marcus Tomalin, a Fellow of Downing College and an affiliated lecturer in English at the University of Cambridge, UK.

Holy Monday, 25 March

4.45 PM Evensong
5.00 PM Eucharist, Reading of Passion
Music: Obrecht
9.30 PM Compline sung by the Men's Compline Choir

Holy Tuesday, 26 March

4.45 PM Evensong
5.00 PM Eucharist, Reading of Passion
Music: Anerio
9.30 PM Compline sung by the Women's Compline Choir

Holy Wednesday, 27 March

4.45 PM Evensong
5.00 PM Eucharist, Reading of Passion
Music: Hymn of Cassia
9.00 PM: Tenebrae
A service of candles and sung psalms
Music: Victoria, Asola
Feat. Lamentations of Jeremiah, by Tallis

Maundy Thursday, 28 March

7.00 PM Washing of feet and Solemn Eucharist
9.00 PM All-night vigil before Altar of Repose
Music: Hassler, Tallis, Durufle

Good Friday, 29 March

7.00 AM Said Holy Communion
10.00 AM Veneration of the Cross
Music: Allegri, Victoria, Clemens non Papa

Holy Saturday, 30 March

9.00 AM-Noon Chapel cleaning in preparation for the vigil
Coffee and hot-cross buns
11.00 PM Easter Vigil, baptism, and Eucharist
Music: Halley, Lasso, Palestrina, Taverner

Easter Sunday, 31 March

11.00 AM Sung Communion



Cornwallis and Brunswick Street

Holy Monday and Holy Tuesday, 25 and 26 March
7.00 PM Choral Holy Communion

Holy Wednesday, 27 March
7.00 PM Tenebrae
Music: Miserere Mei, by Allegri

Maundy Thursday, 28 March
7.00 PM Choral Holy Communion with
foot-washing and stripping of the altar
9.00 PM - 7.30 AM All-night vigil
Music: Palestrina, Durufle, Tallis, and Byrd

Good Friday, 29 March
10.00 AM Stations of the Cross and
decoration of the Easter Garden
12.00 PM Three-hour service of music and
meditations
Music: Blow, Porta, Nanino, John of
Portugal, Morley, and Victoria

Holy Saturday, 30 March
10.00 AM Shortened morning prayer and
Ante-Communion followed by church
cleaning in preparation for the vigil
10.30 PM Easter Vigil and first mass of
Easter
Music: Palestrina, Monteverdi, and Nanino

Easter Sunday, 31 March
10.30 AM Choral Holy Communion
Music: Monteverdi, Dering, Gigout
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Cyprus, creditors reach tentative deal

EU financial crisis.

Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a \$13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency



A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about \$132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also

be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public health official under President George W. Bush from 2002 to 2006 will advise the Arizona-based company on public

health and regulatory issues. He'll also spearhead its research of the battery-powered devices that heat a liquid nicotine solution and create vapour that users inhale. The private company's flagship NJOY KING product is the top-selling e-cigarette.

In 2006, Carmona published a report that concluded that breathing any amount of someone else's tobacco smoke harms nonsmokers and was instrumental in smoking bans around the country.

THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold. Recent additions to Burger King's menu in Canada include a pulled-pork sandwich and a chipotle lineup that includes a Chipotle Whopper. METRO

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PENSION IN NEED OF REFORM

If his latest poor-me pronouncements weren't so outrageously obnoxious — not to mention flagrantly false — we would be wise to treat disgraced, and disgraceful, former MLA Russell MacKinnon with the mocking contempt he's richly earned.

The Finance Department made me do it! The Finance Department made me do it!

MacKinnon, one of four MLAs whose entitled-to-their-entitlements expense claims were so egregious they warranted actual criminal charges, arrived for his trial two weeks ago, loudly proclaiming his innocence. Three days later, he copped a mid-trial plea like a common thief when it became clear he couldn't sell his convoluted contortionist's explanations for his bad behavior.

He pleaded guilty to a count of breach of trust and got a sweetheart deal. Four months' house arrest with numerous get-out-of-the-house-free cards, four months' curfew, a year's probation.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Unfortunately for MacKinnon's reputation — and our blood pressure — his sentence didn't come with a muzzle.

MacKinnon has spent the past week playing the aggrieved. "I didn't defraud the government of five cents, not a penny.... I got the bejesus kicked out of me for the last three years over this, and I didn't do anything wrong.... I pleaded guilty to breach of trust because I believe MLAs are held to a higher standard, and I have to take responsibility even though the fault lies with the Department of Finance."

Oh, let's not even respond to his truth twisting.

No wonder people are upset. No wonder the we-hate-any-government Canadian Taxpayers' Federation's call to eliminate pension benefits for former MLAs convicted of crimes has traction.

But we need to take a breath.

The real problem here isn't with MLAs convicted of breaching

MLA pensions

They're incredibly rich and wrongfully funded out of regular operating revenues rather than investments.

their public trust continuing to draw pensions to which they contributed, and to which they — and, more importantly, their families — are legally entitled.

It's with the MLA pensions themselves. By most anyone's standards, they're incredibly rich and wrongfully funded out of regular operating revenues rather than investments.

By all means, let's reform the MLA pension system.

But let's not set a bad precedent by taking away anyone's legally entitled pension benefits. There's no telling where that could lead.

Let's accept that Russell MacKinnon's behavior is beneath contempt and move on to more important matters. Like MLA pension reform.

ZOOM

HIS SPIDEY BEARD IS TINGLING



Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: "It translated very well from concept to end result. At first, I tried to do a web but that didn't work out so I opted for the Spider-Man logo.

"Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray." **METRO WORLD NEWS**

Sunday Best

"I normally don't wear my beard like this, on most days I just let it hang. I call this kind of beard my 'Sunday best.' This beard only took me 45 minutes to an hour to sculpt."

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait



ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here's three apps worth your spare time.

Zen Pinball

If you're not a reality purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. (\$2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. Comes included with a faithful recreation of Tales of the Arabian Nights. But splurge for the in-app purchase of Ripley's Believe It Or Not, a true timewaster packed with objectives for players willing to learn the angles. (99 cents/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larynx forever, he's just probably the first to be in the media for using a vibrator.
epitizo posted to metronews.ca

Gives a slightly new meaning to the term "hummer"...

Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....

Mighty-Morphin Larry posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.

Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced

the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?

We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?

It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?

Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding

very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?

You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If

you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?

I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

I love any bunny
who brings me
chocolate.



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Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it



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You don't have to spend hours in the kitchen to create an amazing dinner. Pair your pizza with a bottle of medium-bodied dry Chianti – the perfect wine to bring out the flavours of the pizza. Add a tasty caprese side salad: sliced ripe tomatoes and fresh mozzarella sprinkled with basil leaves (torn into bite-size pieces), and dressed with salt, pepper and olive oil. Finish your meal with a sinfully good dessert, like a fluffy Dr. Oetker Milk Chocolate Mousse. It's a deliciously decadent meal that's perfect for a special evening!



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- SONIA D.



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HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.



Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the

stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.



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All about balance



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Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

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easier to digest for those who have difficulty with dairy foods – and it's a great choice for anyone looking to maintain a healthy weight. Remember to balance healthy eating with 30 to 60 minutes a day of exercise – walk, cycle, do aerobics or swim and lift weights to maximize your health benefits.



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Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young



STARGAZING
Malene Arpe
scene@metronews.ca

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life" "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.



Bradley Cooper

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh.

3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed. **After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model.** "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kutcher taking vow of silence

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit

from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."



Ashton Kutcher

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IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature

a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission

statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on

a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up

with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS"* BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge



These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats

of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices



bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. **THE ASSOCIATED PRESS**

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Butter Chicken can be a healthy choice, really

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish



This recipe serves six. NEWS CANADA

calories.

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then top with butter and Healthy Choice

Diced Tomato with Onion and Garlic pasta sauce. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

3. Stir in lime juice and yogurt before serving. Garnish with cilantro. NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Body language. Interview success is not all about what you have to say

YLVA
VAN BUUREN
CareerBear.com

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Make eye contact

Avoid looking down or away from the interviewer, be-

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cause not giving proper eye contact may signal a lack of interest, says Danis.

Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact.

"In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

Ask the Experts

Meet the Maritimes' Most Trusted Gold & Silver Buyer

If you don't already know them, then we think it's time for you to meet the Maritimes' fastest growing and most trusted precious metals recycling company - Recycle Frog. This company understands that trading gold for cash may seem like a risky transaction but it assures people it can be a positive and rewarding experience if due diligence is done.

"It's never been more true, this is the perfect time to sell your unwanted gold and silver items," said Matthew MacQuarrie, President, Recycle Frog. "The recent spikes in the market price of gold means that long-forgotten items hidden in drawers can be recycled into record high payouts for people."

Understandably, recent cases of people being cheated by cash for gold services have some consumers worried. The majority of these cases involve mall kiosks and pawnshops though, with customers receiving only a fraction of their items' worth.

Every Recycle Frog transaction starts with a trained evaluation agent

examining the items to determine the purity of the metal — 10 karat, 14 karat, sterling silver and so on. With gold items, a resistance tester is used to confirm the purity. Items are grouped and then weighed to determine their value. Recycle Frog's payout prices are updated daily to reflect current spot market prices.



What makes the Recycle Frog experience different is how open and transparent their whole transaction is. From start to finish, the customer is with them every step of the way to see how they test, evaluate, weigh and price the items. They provide an educational and positive experience with none of the typical magic math or tricks the industry has become well known for.

In order to serve its customers best and offer the highest level of convenience, Recycle Frog hosts several public events at venues all across the greater Halifax region.

People are welcome to come by for a fast, no-cost, haggle-free evaluation. People can also book private appointments at Recycle Frog's Halifax offices (647 Bedford Hwy) during regular business hours.

For more information or, to find out about their upcoming events or to schedule an in-office appointment, visit recyclefrog.com or call 902.405.4114.



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CAMP GUIDE

Monday, March 25, 2013



Whether it's a one-week sleep-away camp near home, or a four-week camp out of province, it's important to prepare your child for the experience. ISTOCKPHOTO/THINKSTOCK

Check these off when preparing for camp

YLVA
VAN BUUREN
For Metro

It's important to prepare your child for camp, whether it's a one-week sleep-away camp near home or a four-week camp out of province.

"And the more information, the better," says Duncan Robertson, director of Ontario's Onondaga Camp.

Here's a guide on how to prepare your child for camp.

Familiarize kids with the camp. Ideally, you have chosen the camp ahead of time and you can visit while it's operating. Otherwise, visit the website and check out information and videos there.

Meet the people who run the camp. Attend camp information nights where you can talk to camp directors, counsellors, and past campers about their experiences. "Some camps also offer

home visits. We come to your house, bring a slide show, and talk about the camp," Robertson says.

Help your child prepare mentally. Ontario Camps Association recommends that you mark the first day of camp on the calendar, and don't schedule any significant family events while they are away. Talk regularly about what to expect, including normal feelings of homesickness. Reassure your child

that camp staff is trained to help.

Practise. If your kids haven't done sleepovers before, arrange a weekend sleepover at a relative or friend's house. Or consider asking one of your child's friends to sign up for the camp, too. "That makes kids feel good on the first day," Robertson says. "But, honestly, by Day 2, it's not necessary — they connect with others."

Practise some more. Some

kids are unfamiliar with darkness and country night noises. Practise walking with them in the dark with a flashlight.

Use camp resources. Brochures and camper handbooks help answer all types of questions kids have, such as "Who will my counsellor be?" "What do the cabins look like?" "What happens on the first day?"

Go over the daily schedule regularly. "Homesickness and

fear come from not knowing what's going to happen," Robertson says. Familiarize your child with camp life in as many ways as you can.

Involve the child in preparations. Helping to shop and pack for the trip encourages self-reliance and builds anticipation. Camps will send out checklists ... but don't forget mosquito repellent, sunscreen, a water bottle, and favourite teddy bear if need be.



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Reasons why your kids need camp

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Anyone who thinks camp is all about fun and games is missing the point, says a professor heading up a five-year study on the impact of camp.

"When people look at camp, they see fun. But that's not what camp is about. What's really important, and the value of the experience, is what kids learn," says Troy Glover, associate professor in the department of recreation and leisure studies at the University of Waterloo.

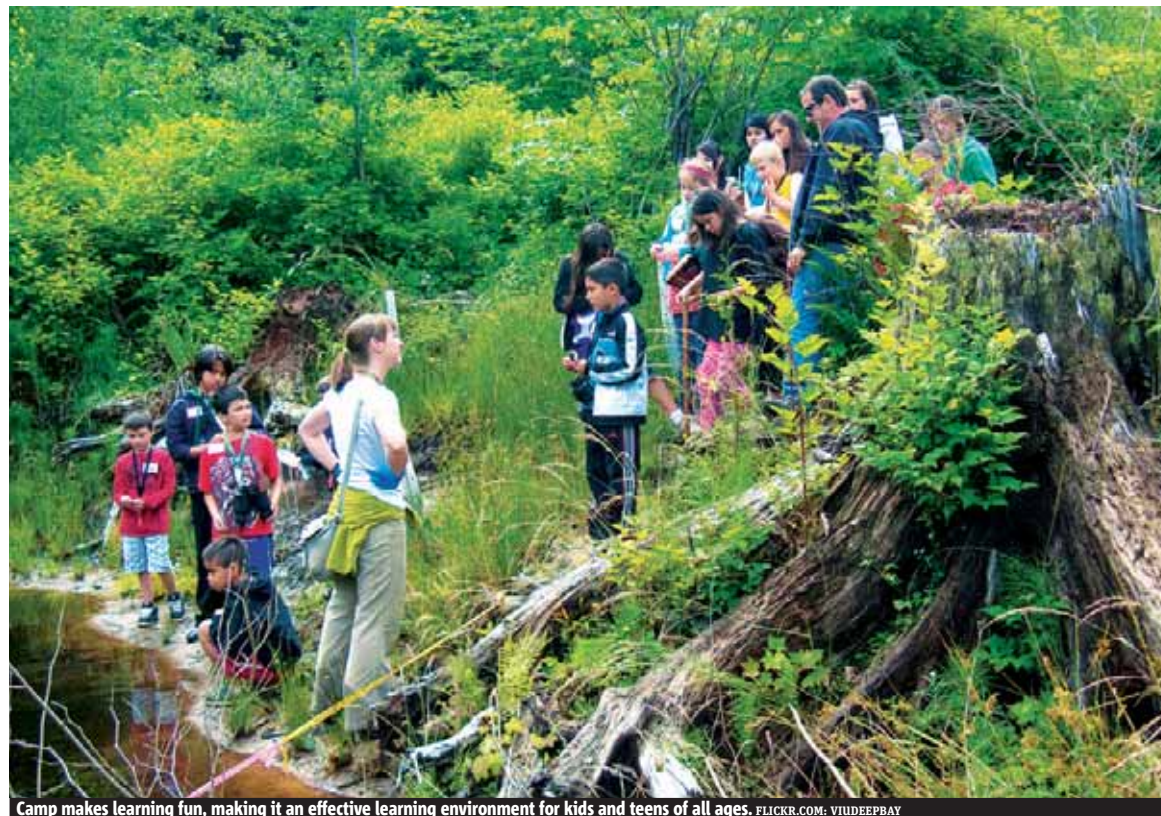
Education is the No. 1 investment you can provide your kids, and summer camps offer just that. Here are three research proven reasons why giving your child or teen a camp experience should be top on your list.

Improves academic ability

Camp makes learning fun, making it an effective learning environment for kids and teens of all ages.

"Camp offers a place of experiential and contextual learning" notes fellow academic Stephen Fine, whose 2005 PhD thesis examined the unique learning environment of residential camp.

"Camps can create specific learning opportunities that can link into the school curriculum. You can use math skills on a ropes challenge course. You can study the environment, physics or astronomy around a campfire. A canoe trip can include a



Camp makes learning fun, making it an effective learning environment for kids and teens of all ages. FLICKR.COM: VIUDEEPBAY

history lesson or a lesson in geography."

The beauty of it, Fine says, is that kids don't think of it as work when they are looking up at the night sky and pointing out the constellations.

Builds confidence and self-esteem

Both Glover and Fine agree

that most important lessons learned at camp have nothing to do with a classroom curriculum.

"Getting up in front of the whole camp to do an announcement or lip synch or perform in a play — people see these activities as trivial, but they are missing the point. They contribute to

kids gaining self-confidence in front of a large group," Glover says. Campers learn they are able to do things on their own, without their parents, Fine notes. "They have to take responsibility for themselves, for their space, for their belongings, and their whole self-concept starts to improve."

Increases your emotional intelligence

Linda Cameron, associate professor in the curriculum, teaching and learning department at the Ontario Institute for Studies in Education, sees the chance for social and emotional growth as keys to the camp experience. "Kids can be self-centred. At camp,



they learn to be group-centred," she says.

Camp provides moments for independent play among groups of children, a crucial opportunity that overprotected urban children are often denied these days, Cameron notes. "This type of child-led and spontaneous free play is very important, and is a real learning experience, where children learn to socialize and navigate their interactions with others and to problem solve."

All three academics agree that the "soft skills" children gain from camp are by far the most important and will have a lasting impact.

"If you look at developmental psychology, these sorts of soft skills are what make the difference to children in the long term. It's the kids that possess those soft skills that end up successful," Glover says. Camp teaches you how to be a good citizen.

"Really, camp teaches you how to be successful in life.

"If we could bring the camp environment to school, I think more kids would succeed," Glover adds.

Give your kids a summer camp experience this year. Find a camp for your kids or teens at ourkids.net/camp.

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Know your child's interest before choosing a camp

When you hear summer camp you may be inclined to think of a traditional, overnight camp. The fact is that there are many different types of camps, including day and specialty camps, which offer the same benefits of a traditional camp.

A number of people have gone to a day camp, but when asked if they attended camp they automatically respond

"no" because the idea of summer camp being a traditional, overnight camp still comes to mind.

There are many great opportunities for growth, learning and development at local day camps in your area. These tend to be more affordable than an overnight summer camp, require less travel and also are great for younger kids who aren't ready to be



away from home for an extended period of time.

The types of day camps that are available are numerous, including:

- Multi-sport day camps;

- Specialty sport day camps (soccer or baseball camp);
- Art day camps (including music, drama or fine arts);
- Educational camps (robotics camp, Lego camp).

Choosing the right camp really comes down to knowing your child's interests and then finding a camp that matches those interests in your area. There are a number of resources you can go to

when looking for a day camp:

- The Our Kids Camp Locator (see ourkids.net/camp) — search by camp type and area.
- Your city or municipality will have information about city-run day camp programs in your area.
- Your local library or museum may offer day camp programs, which are often very affordable.
- If your child takes soccer,

dance or music then check with their instructor to see if they offer a summer camp program.

• Your board of education or private school may be able to connect you to educational specialty camps, which are perfectly suited to your child's academic interests.

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Research. Stop by the facilities, ask questions

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When looking for a day camp, you want to ensure that it offers a variety of age-appropriate activities and programs for both boys and girls. Outdoor camps, as opposed to daycares or backyard camps, are able to offer a wider variety of activities to keep your child both engaged and excited to attend everyday.

To really know what you are signing up for, make sure to visit the camp facilities with your child and consider the following points.

What type of training does the staff receive? Knowing how the camp staff handles meal times and sun safety is so important. With young children, the staff needs to help open lunches and containers and make sure that meals are eaten. Staff members need to encourage and ensure that campers are staying well hydrated, especially during hot days. The staff should be applying sunscreen several



Consider a number of points before sending your child away to a camp.
ISTOCKPHOTO/THINKSTOCK

times a day and shouldn't expect the children to remember or apply it themselves.

What are the camper-to-staff ratios? Low staff-to-camper ratios ensure that your children receive personal attention and are treated with patience, sensitivity, and TLC.

Safety is every parent's concern and you want to ensure that the camp's infrastructure is professionally maintained and is not a make-

shift facility.

Are the camp activities close to each other or at opposite ends of the camp? Having the activities in a central location ensures that campers are spending most of their day participating in activities rather than traveling to them.

How long has the camp been in business?

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Technology has changed the way you can keep in contact with your child when they are away at camp. iSTOCKPHOTO/THINKSTOCK

Keep in touch with your kids

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How times have changed. We all know how technology has changed our lives over the past few years.

Emails, texts, BBM, Twitter, and Facebook have become part of our daily routines. In the camping world, the use of technology and social media has greatly improved communication between parents and camps.

It wasn't so long ago that parents would play a game of telephone tag with camp just to report that their daughter's hat was missing. It was frustrating for the parent, and often the call would not be returned, or returned three days later — on the last day of camp.

Many camps have stepped up their game in terms of e-communication with parents. Tapping into technology and social media has made communicating with parents easier, faster, and more efficient.

Here are some ways that camps should be communi-

cating with parents:

Skip the telephone tag and use email

Parents should be provided with the email addresses for the various supervisors and departments at camp. This way, parents know who to email regarding non-urgent messages — such as a lost hat. This email gets forwarded to the lost and found, and without hassle, the hat gets returned to the child the following day. No telephone tag.

Really exciting stuff is communicated in real-time over Facebook and Twitter for parents to see throughout their workday while campers are still at camp.

Photo galleries and video

A picture is worth a thousand words. More concerning than a lost hat, a young camper may be apprehensive about going to camp and the parent puts an unhappy child on the bus. Rather than waiting all day and hoping for the best, parents can call the camp and, within half an hour, the parent will receive a call



home reporting the good news of a happy camper accompanied by an emailed picture of the child's smiling face.

Daily pictures and videos allow parents and campers to experience the day together in the evening. Parents with young campers always wish they could see what their child was doing at camp. Short of hiding in the bushes, in the past parents had to rely on their children to report the events of the day. With younger campers, this can always be challenging. Some camps feature daily video logs (VLOGS), which are posted on the website by the time campers arrive home. These VLOGS recount special events or just the daily happenings at camp for parents and campers to watch together. Campers and parents also love to sift through the daily

pictures to see if they can find themselves having fun with their friends.

Bookmark your child's camp website

Websites are becoming a more important communication tool than ever. No longer is the website a static place to get information about the camp and registration. Some camps use their website as a daily communication tool. In the past, parents would remove soggy notes from their child's knapsack reminding them to dress up as pirate for a camp program (that's if they didn't leave the note on the bus). Now, all notifications are being posted on the website.

Of course, e-communication is not meant to replace the personal touch and should not be used for that by any camp. You should still be able to speak with a supervisor or camp director about your child or concerns about the camp in a timely manner. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

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Brigadoon Children's Camp Society is rooted in the belief that children have infinite potential when given the chance to explore, discover, challenge,

innovate and create. Being able to offer campers an opportunity to come together to make new friends and share experiences in a non-threatening environment is a fundamental part of what makes Brigadoon Village so special.

"The scope of Brigadoon goes far beyond a traditional summer camp," says Dave Graham, Brigadoon's executive director. "There is no other recreational facility in Canada that serves the broad range of special needs groups that we do. And we are proudly rooted right here in Atlantic Canada."

In this, its third summer camp season, Brigadoon will host 10 camps to hundreds of campers. The organization is the result of the collective passion and dedication from the community. Brigadoon is proof that it really does take a village.

For more, to donate, or to register for camp, visit brigadoonvillage.org.

BRIGADOON

Children's Camp Society

Brigadoon Village is a non-profit recreational facility on Aylesford Lake in the Annapolis Valley. With our partners, we deliver camp programming to children, youth and families living with a chronic illness, chronic condition, or special need across Atlantic Canada.

"Brigadoon is a place where you can be free, have fun, use your imagination and be a kid again. It is a place where you can make friends from other places and learn from them. I'm happy that I could spend a week with people that know what I am going through."

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Begin your camp search as early as possible

TAMAR
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While it may be the dead of winter, with my shoulders hunched and my face buried into the collar of my jacket, I have realized it's time to start planning for summer camp.

July may feel like a long way away, but the reality is that camp is just around the corner. Soon enough our children will be frolicking in the warm sunshine, enjoying the freedom that only summer can offer.

Growing up, I went to summer camp. Day camp as a younger child, then overnight camp when I was a little older. After a brief hiatus for a few summers, I even went back as an older teenager to be a staff member and camp counsellor. Camp for me was overall a great experience. However, looking back there might be a few things I would have changed — or I wish my parents had done differently.

As I am about to embark on finding a good camp program for my own child, I will



Make a priority list of your child's needs and wishes before you choose a camp. STOCKBYTE/THINKSTOCK

be using the following easy five steps to choose the best program to suit my son's personality.

If like me, and you are looking for a summer camp program, I suggest you begin

your search as early as possible. This will help ensure you snag a spot in the camp that will provide the right balance of activities, atmosphere and friends.

Below are five tips to con-

sider when picking a camp:

Dedicate time to the project

Good decisions are best made without time restrictions. Research your options ahead of time and discuss them with

friends and relatives.

Focus on the needs of your child

Make a priority list of their needs and wishes and use it as a checklist when research-



ing camps. Determine what is a necessity, and what they can live without.

Consider your budget

Camp fees will vary in cost depending on a number of factors: Day or residential; transportation; the size of the camp; if it is a specialty or general camp. Determine your financial situation and how much you are willing to spend.

Read camp profiles and check out camp websites

Learn more about your camp options and what is available. Once you have the short list, contact the camp. Many have additional print and online information packages with more on their missions, philosophies and day-to-day operations.

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NHL-bound

Panthers GM weighs in on talents of Drouin and MacKinnon

If it came down to choosing either Nathan MacKinnon or Jonathan Drouin, the general manager of the Florida Panthers could tell you who he'd select in June's NHL draft.

"But I'd have to kill you if I did," said Dale Tallon with a laugh.

But it's a decision he may very well have to make given the Panthers are in last place overall in the 30-team league and both of the Halifax Mooseheads' blue-chip prospects are projected to be top-five picks.

Tallon showed up to the Metro Centre on Friday and Saturday to watch the Mooseheads against the Saint John Sea Dogs in the first two games of their QMJHL series.

Like everyone else he was impressed with what he saw.

"They're wonderful players. It's a treat for these fans. They're different, but both see the ice very well and are so unselfish," Tallon said. "They are gifted with skill and speed and have all the characteristics of top draft choices."

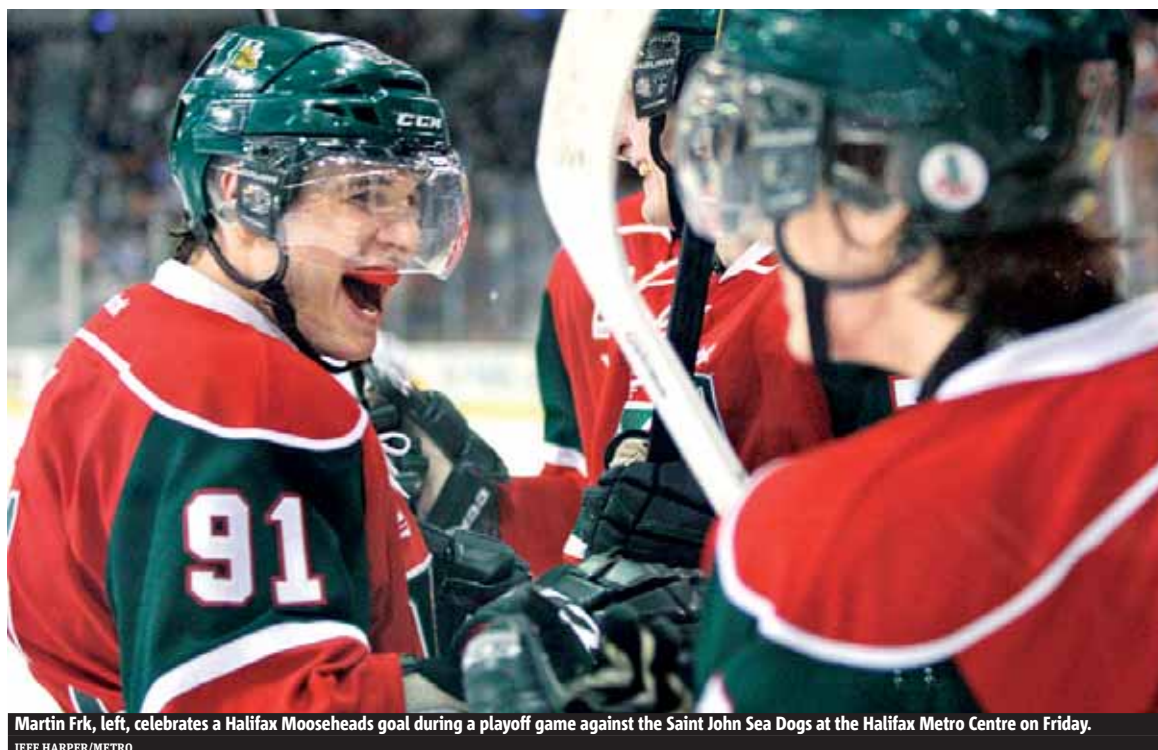
He was also just as surprised by the beatdown Halifax handed Saint John in Game 1.

"That first line is phenomenal, to get 18 points in a game, you have to be impressed with that," he said. "When they have it on a string and they're playing at their optimum potential it's a real treat to see; there aren't many lines like that. They have that special chemistry and they're so willing to play for each other."

ANDREW RANKIN/METRO



Nathan MacKinnon
JEFF HARPER/METRO



Martin Frk, left, celebrates a Halifax Mooseheads goal during a playoff game against the Saint John Sea Dogs at the Halifax Metro Centre on Friday.
JEFF HARPER/METRO

Herd learns valuable lesson in tight game

QMJHL playoffs.

Moose post too-close-for-comfort win against Sea Dogs one night after blowout



ANDREW RANKIN
andrew.rankin@metronews.ca

The Halifax Mooseheads got another win Saturday — and a wake-up call.

After pummeling the Saint John Sea Dogs 11-1 on Friday night, less than 24 hours later the Herd had to overcome a one-goal deficit to eke out a 2-1 victory over their first-round playoff opponent before 9,951 fans at the Metro Centre.

"I think the guys realize now that we have to prepare (for) every game the same way," said Mooseheads co-captain Trey Lewis. "They had a one-goal lead and that's a sign that

Moving on to Saint John

- Games 3 and 4 will be played at Saint John's Harbour Station Tuesday and Wednesday at 7 p.m.
- Metro Halifax reporter Andrew Rankin and photographer Jeff Harper will be at the game. A story will be posted immediately after the game ends at metronews.ca/halifax.

we have to be focused for every game from now on."

The Mooseheads broke a 1-1 deadlock in Game 2 when Matthew Boudreau scored his first of the playoffs on the power play with 7:18 left in regulation time.

A very different and disciplined Sea Dogs team showed up to play Saturday and the Mooseheads struggled to find their rhythm.



Mooseheads forward Matthew Boudreau is denied in close by Sea Dogs netminder Sebastien Auger on Saturday night. JEFF HARPER/METRO

For Lewis it was an important reminder, especially to the club's younger players, of what's to come.

"We're going to face some adversity in the playoffs and an 11-1 win isn't much of a test but (Saturday) it definitely built some character in our young guys and it definitely helped us."

The Mooseheads ran into a hot goalie in 18-year-old Sebas-

tien Auger, who made 43 saves in the loss.

Auger admitted facing the offensively potent Mooseheads proved to be a huge challenge.

"I focused on having a strong first period and then I built on that," said Auger. "For sure they're a great hockey team but I just have to have fun with those really good players."

He said he and his teammates aren't counting themselves out of the series and will be ready to battle come Tuesday for Game 3.

"They played very good in front of their crowd, we'll play very good in front of ours. If we play like we did tonight in Games 3 and 4 you never know what can happen."

Quoted

"We didn't prepare as well as we should have."

Halifax Mooseheads co-captain Trey Lewis on his team's effort in Game 2

Holy Frk, what a performance

In Friday's 11-1 victory, Mooseheads forward Martin Frk recorded five goals and three assists to set a new franchise record for goals and

points in a playoff game. "I don't even know what to say," said an overjoyed Frk after the game. "This is crazy for me, it has never happened

to me before. I have to thank the boys.... They did everything for me."

His first-line partners didn't do too shabbily either:

Jonathan Drouin picked up six helpers while Nathan MacKinnon finished with two goals and four points.

ANDREW RANKIN/METRO

Eagles become first 15 seed to reach Sweet 16

March Madness.

Florida Gulf Coast make basketball history with another upset over San Diego State

Florida Gulf Coast went from shocking the college basketball world to downright impressing it. And the Eagles were smiling the whole time.

Playing loose and easy, little-known FGCU beat San Diego State 81-71 on Sunday to become the first No. 15 seed to reach the Sweet 16 of the NCAA tournament.

"We don't take ourselves too seriously," said Florida Gulf Coast coach Andy Enfield, whose players tossed him in the air and poured water on



Bernard Thompson of the Florida Gulf Coast Eagles reacts after making a three-pointer on Sunday night in Philadelphia. ELSA/GETTY IMAGES

him in raucous celebration before his postgame interviews. "We try to have fun, get serious when we have to.

"Our goal was to make his-

tory and we did it."

The next opponent for the upstart state school will be the main campus, third-seeded Florida, on Friday night in the South Regional semifinal in Dallas.

"We tried to scrimmage them early in the season in the pre-season," Enfield said. "Now we get our shot."

Bernard Thompson had 23 points and Sherwood Brown added 17 for FGCU, the 16-year-old school in just its second season being eligible for post-season play.

In its first-ever NCAA tournament game on Friday, the Atlantic Sun champion busted brackets everywhere with an upset win over No. 2 Georgetown, a game the Eagles took control of with a 21-2 run in the second half.

THE ASSOCIATED PRESS



Pens make it 12 in a row

Penguins centre Sidney Crosby crashes the crease of Philadelphia Flyers goalie Ilya Bryzgalov on Sunday night in Pittsburgh. Crosby tied the game 1-1 at 13:46 of the third period before Tyler Kennedy scored the overtime winner as the Penguins pushed their win streak to 12 games. GENE J. PUSKAR/THE ASSOCIATED PRESS

Golf

Bay Hill rained out as Woods leads

Tiger Woods is going to have to wait one more day to try to reclaim No. 1 in the world.

Moments after Woods made a 10-foot birdie putt on the second hole, a vicious thunderstorm interrupted the final round of the Arnold Palmer Invitational and wiped out play until Monday.

The storm dumped nearly 1 1/2 inches on Bay Hill and formed small ponds in the fairways — there was even a fish in the middle of the 18th fairway. Woods leads by three strokes.

THE ASSOCIATED PRESS



Tiger Woods at the Arnold Palmer Invitational, Sunday. THE ASSOCIATED PRESS



NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	55	14	.797	—
New York	42	26	.618	121/2
Indiana	43	27	.614	121/2
Brooklyn	41	29	.586	141/2
Atlanta	39	31	.557	161/2
Chicago	38	31	.551	17
Boston	36	33	.522	19
Milwaukee	34	35	.493	21
Philadelphia	27	42	.391	28
Toronto	26	44	.371	29 1/2
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	37 1/2
Charlotte	16	54	.229	39 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	53	17	.757	—
Oklahoma City	52	19	.732	11/2
Denver	49	22	.690	41/2
L.A. Clippers	48	22	.686	5
Memphis	47	22	.681	5 1/2
Golden State	40	31	.563	13 1/2
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
Sacramento	25	46	.352	28 1/2
New Orleans	24	46	.343	29
Phoenix	23	48	.324	30 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

x-clinched playoff spot

y-clinched division

Sunday's results
Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Houston 96 San Antonio 95
Dallas 113 Utah 108
Philadelphia 117 Sacramento 103
Brooklyn 102 Phoenix 100

Saturday's results

Detroit 92 Charlotte 91
New York 110 Toronto 84
Memphis 110 Boston 106
Chicago 87 Indiana 84
Denver 101 Sacramento 95
L.A. Clippers 101 Brooklyn 95
Golden State 101 Washington 92

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	32	15	11	6	80	86	36
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	33	17	14	2	84	98	36
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	32	13	18	1	103	98	27
Florida	33	9	18	6	78	116	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
Calgary 3 St. Louis 2
Detroit 2 Anaheim 1
Winnipeg 3 Tampa Bay 2
Vancouver 3 Colorado 2

Saturday's results

Ottawa 5 Tampa Bay 3
Minnesota 2 San Jose 0
Vancouver 1 Los Angeles 0
New Jersey 2 Florida 1
Buffalo 2 Montreal 1
Toronto 3 Boston 2
Dallas 5 Colorado 2
Nashville 5 Columbus 2
St. Louis 3 Edmonton 0

Monday's games

All Times Eastern

Toronto at Boston, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Los Angeles at Chicago, 8 p.m.
Edmonton at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
San Jose at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
Detroit	32	16	11	5	87	81	37
St. Louis	31	17	12	2	92	86	36
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

GOLF

PGA

ARNOLD PALMER INVITATIONAL At Orlando, Fla.

Par 72

Partial Final Round

Bubba Watson	74-71-72-67-284
Gary Woodland	70-73-73-71-287
Josh Teater	75-71-70-71-287
Johnson Wagner	76-71-69-71-287
Chris Stroud	72-71-74-71-288
Francesco Molinari	75-71-70-72-288
Sang-Moon Bae	71-69-76-73-289
Bob Estes	71-69-75-74-289
Graeme McDowell	72-74-75-69-290
Nick Watney	69-76-72-73-290
Also	
David Hearn	75-71-71-73-290
Graham DeLaet	76-69-73-73-291
Leaderboard	

Score Thru

Tiger Woods	-12-2
Keegan Bradley	-9-4
Ken Duke	-9-4
John Huh	-9-2
Rickie Fowler	-9-2
Brian Stuard	-8-5
Mark Wilson	-8-5
Thorbjorn Olesen	-8-3



Horoscopes

Aries

March 21 - April 20

The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

Taurus

April 21 - May 21

Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

Gemini

May 22 - June 21

You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

Cancer

June 22 - July 23

The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

Leo

July 24 - Aug. 23

Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

Virgo

Aug. 24 - Sept. 23

An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

Libra

Sept. 24 - Oct. 23

You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

Scorpio

Oct. 24 - Nov. 22

You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

Sagittarius

Nov. 23 - Dec. 21

You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

Capricorn

Dec. 22 - Jan. 20

It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

Aquarius

Jan. 21 - Feb. 19

Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

Pisces

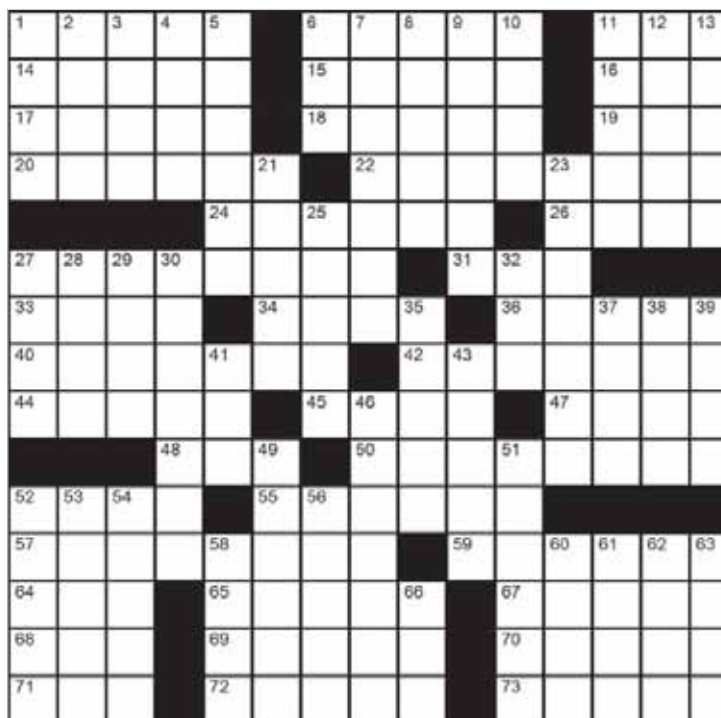
Feb. 20 - March 20

Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Flower
6. ___-watching
11. Rihanna's "___" (Rescue Me)"
14. Grissol product, ___ Toast
15. Sky high toys
16. Morn's follower
17. J'___; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. ___ possidetis (As you possess, at law)
20. "Bridget ___ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. ___ (Franco-phone community in Manitoba)
31. Pou ___ (Vantage point)
33. ___ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur ___
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin ___
55. "___ and Cleopatra" (1972)
57. "Working for the Weekend" band



59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "___ the Girls I've Loved Before"

73. Courtier in Shakespeare's Hamlet

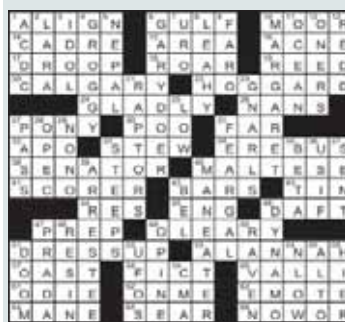
Down

1. Music key, ___
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, ___
4. Off-Broadway theatrical

- award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne ___ (Former Governor General)

12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "___ 'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum ___ Tugger (Cats character)
35. ___ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out ___ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio ___ Jr.
51. "___ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

4°/-3°
Partly sunny

Tuesday

5°/1°
Variable

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